

St. Thomas Time Trials

University of St. Thomas



2016 MEET INFORMATION

Available Sessions: March 21: Session 1 @ 12:00 PM, Session 2 @ 5:30 PM
March 22: Session 3 @ 12:00 PM, Session 4 @ 5:30 PM
March 23: Session 5 @ 12:00 PM, Session 6 @ 5:30 PM

Each session is intended to include 6 boys and 6 girls teams (total of 12 squads).

Objectives: To provide an early season competitive experience in a relaxed environment

Participation Agreement: Please download, complete and send agreement by March 14. \$150 per team per gender (\$300 / coed entry)

Facility Anderson Athletic and Recreation Complex (AARC).

200 meter Mondo Super X running surface (6 lanes on oval, 8 on straight, Mondo Sportflex spikable infield, concrete in ground throwing circle with drop down safety net and movable doors, 10 x 16 foot Daktronics video board

Spikes Maximum $\frac{1}{4}$ inch (exposed) No pins. Pyramids or compression spikes only.

St. Thomas Provides: All related equipment, Starter, Clerk, event officials.

Attending Teams Provide: Each team per gender is asked to provide one volunteer to assist as needed. Coaches are responsible for counting laps and timing their athletes.

Check- In Athletes should check in 15 minutes prior to their event at the designated staging area. Schools/athletes will be assigned heats and lanes - with top performers running first (or early heats).

Trainers An athletic trainer will be on duty.

Start Times All field events will begin at the start of the session. Running events will operate on a rolling schedule in the order listed below.

Field Events	Suggested Entries Per School		
Triple Jump	3	Co-ed Cafeteria	4 Jumps
Shot Put	3	Girls / Boys to follow	4 Throw
Long Jump	3	Co-ed Cafeteria	4 Jumps
High Jump	3	Boys / Girls to follow	
Pole Vault	-	Open Pit: See pole vault details below	

Running Events	Suggested Entries Per School		
4 x 800 M Relay	2	Girls / Boys to follow	
55 M High Hurdles	3	Girls / Boys to follow	
55 M Dash	3	Girls / Boys to follow	
1600 M Run	4	Girls / Boys to follow	
4 X 200 M Relay	2	Girls / Boys to follow	
400 M Dash	3	Girls / Boys to follow	
800 M Run	3	Girls / Boys to follow	
200 M Dash	3	Girls / Boys to follow	
3200 M Run	4	Girls / Boys to follow Co-ed unless field size dictates split	
4 x 400 M Relay	2	Girls / Boys to follow	

Events Details

Proposed HJ Progression: Girls: 4'/4'3/4'6/4'8/4'10/5'0/5'2 / Boys: 5'2/5'5/5'8/5'10/6'0/6'2/...

Pole Vault: We will NOT have a pole vault competition. Instead the venue will be open for ADULT SUPERVISED practice. YOU must provide an ADULT to supervise your athletes. Coaches can organize their vault time as they wish.

